



## TE IPUKAREA SOCIETY

*Caring for our Environment  
Taporoporo i to tatou Ao Rangi*

***Kia Orana e te katoatoa. Teia te nuti no Tiurai 2020. Welcome to the July 2020 edition of our newsletter.***

### Annual General Meeting 2020



Our new executive committee with staff at the AGM (absent Avaiki Aperau and Jessie Sword)

What a great turnout to our AGM 2020 to celebrate the past year, one which has been tumultuous with the challenges of Covid19 yet also surprisingly productive!

Our new committee as elected: Ian Karika (Patron); Tinomana Ariki (Patron); Teina MacKenzie (President); Avaiki Aperau (Vice President); Sabine Janneck (Treasurer); Jolene Bosanquet (Secretary); Jessie Sword; Jim Perkins; Anna Koteka and Natalie Telfer.

We wish to give our sincere gratitude to our outgoing executive committee members Hayley Weeks, Patricia

Tuara Demmke and Anna Rasmussen who have offered such dedication and passion. Meitaki ma'ata!

### Plastic Free July

Congratulations to all who took part in our Plastic Free July campaign! You can be pleased to know you were part of a worldwide effort of an estimated 326 million people! How good were all the local businesses, individuals and schools who really embraced it!?



Our newly re-elected President Teina Mackenzie enjoying her takeout coffee in a jar from Reefsides Rarotonga

The wonderful bulk suppliers Pak Man and Paradise Supplies in Rarotonga are always our **GO TO** for plastic free refill supplies. Our new Gold corporate sponsor, Prime Foods provided only paper shopping bags all month at their own expense. Our executive member Sabine Janneck is always leading the way with her recycled creations – [check out her latest bags](#) created from popped pool floaties.

The [Plastic Free July advert](#) we made has been played during the TV news all month and we believe has created some real traction. Thanks again to our Gold sponsors who participated in its creation: CITC, BCI, Kia Orana Villas, Hawaii Pacific Maritime.

Our new executive member turned roving reporter, Jim Perkins has been visiting some of the cafes which encourage reusables by offering discounts & competitions, such as the Flying Turtle café, Reefsides Rarotonga, LBV and DRJs. Check out Jim's fun videos for Reefsides [here](#) and Flying Turtle [here](#).

The **Jars Project** for take away coffees & smoothies at [Reefsides Rarotonga](#) has been a huge success. Who doesn't love the option of a free jar for your coffee when you forget your keep cup (again)? We

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have been trialling different types of heat bands for the jars but if anyone has some skills in crochet, sewing or kika weaving, please do get in contact & get involved!

The biggest challenge now is making some of those habits stick. One of the best lessons we learnt was the 3 simple swaps: **Swap Plastic for: Glass, Cans or Cardboard**. Plastic waste is not currently being sent offshore for recycling, so it is being baled & stored up at our landfill, losing value and deteriorating with time.



This week's landfill trip with Year 12 Tereora College TIS environmental photography students – Tokerau Jim Images

However, tin and aluminium cans do have some value so they can be sent offshore for recycling. The industrial glass crusher at the landfill is also crushing up to 2m<sup>3</sup> of glass per day which can be reused for construction purposes and is available for purchase at \$80 per tonne! Cardboard can be composted or used as a weed mat in the garden.

The plastic battle continues with our new fun initiative called '**Lunch Box Legends**'. All participating schools have these stickers available as an incentive for students who bring lunch without any single use plastics, such as wrappers, bottles and straws.



[LBV Café](#) is also being a great plastic battler by offering these stickers to all those waste warriors who bring their own lunchbox, for one of their \$5 LBV school lunches.

These gorgeous stickers have been designed by long time Te Ipukarea Society supporter, Edna Torea-Allan of Taeria Design and sponsored by [Infrastructure Cook Islands](#)

Our latest collaboration was with the Ministry of Education and the inspiring Kim Napa. Together we hosted free 'drop in' school holiday creative sessions to repurpose plastic waste and ran a fun competition. Congratulations to all of our prize winners who have been announced on our [Facebook Page](#) and in the [Cook Islands News](#).



One of the Creative Plastic Waste prize winners - from The Go Programme years 9/10 who created a dreadlocked scarecrow

Prizes range from: Prime Foods vouchers; a lovely print from Bergman & Co; a fun group outing on the Ariki Adventures monster SUP and some reusable bags and mugs from CITC. Meitaki also to the fantastic support from Infrastructure Cook Islands and CITC for the deliveries of recycled plastic supplies.

### Maine Mura – reusable menstruation products

We are excited to be launching our new project which looks to reduce menstruation product waste (which has a high plastic content) and also address period poverty by promoting reusable menstruation products such as reusable pads and moon cups.

The project called Maine Mura, aims to work closely with local high schools in Rarotonga, Mauke & Mangaia to raise awareness around the environmental benefits and

cost saving associated with these alternative products.

This project has been funded by UNESCO and we are looking forward to working with Julia Evans of [RedPak](#) as well as the Cook Islands Family Welfare Association CIFWA. We are looking for options of how we can also extend this project further into the Pa Enuā.

### Electric Vehicles Owners meeting

This month saw the [2nd annual Electric Vehicle \(EVs\) owners meeting](#), organised by Te Ipukarea Society, Te Motu Resort and Magic Reef Bungalows.

EV owners were invited to Magic Reef to look at their new solar charging station and to share thoughts and concerns about highlights and issues surrounding EV ownership, like replacing batteries.



What a lot of electric vehicles in one carpark at one time! – the 2<sup>nd</sup> annual EV owners gathering at Magic Reef Bungalows

Rarotonga is perfect for EVs with a speed limit of 50kmh and a circumference of 32km. Aitutaki and Atiu also have EVs already.

A number of businesses and government owned entities have also jumped on the EV bandwagon including Te Aponga Uira, Vodafone and most recently, TIS Gold Corporate sponsor, BCI, which has a brand new electric/hybrid Outlander. Of course our TIS work truck is an EV too - a Mitsubishi MiEV minicab.



Meitaki maata to Magic Reef for the use of their electric vehicles transporting Y12 sustainability students on our island eco photography tour!

Also discussed was how the government might encourage solar power for residential homes, reducing expenditure on fuel from overseas. Energy efficiency is one of the core requirements of the [Mana Tiaki Eco Certification](#) which is the Green Standard for tourism operators in the Cook Islands.

One of Te Ipukarea Society’s founding members, Jolene Bosanquet Heays and her husband Peter have “his and hers” Nissan Leaf electric vehicles and were some of the first owners on Rarotonga. It’s not about saving the world because people just don’t buy into that stuff, Peter says. He just lets people have a test drive of his Leaf, and they are hooked!

### Marae Moana – Marine Spatial Planning



TIS President Teina Mackenzie at the Marine Spatial Planning workshop discussing biodiversity in Mangaia

Te Ipukarea Society staff and president attended the 2 day workshop on Marine Spatial Planning organised by Marae Moana and Ridge 2 Reef.

Marine Spatial Planning is a fundamental part of the Marae Moana Act 2017 and this was the first stakeholder opportunity to help identify the Special and Unique Marine Areas (SUMA) and Bioregions to support this process. Pa Enuā representatives joined discussions and made contributions live online as well.

### Local Food Challenge

Our technical director Kelvin Passfield and his anau challenged themselves to seven days of consuming only local produce. Every ingredient had to be from the Cook Islands. Kelvin’s daughter [Teuru tells about their experience](#).

**Waste Reduction** We didn’t intentionally choose to align with Plastic Free July but using only local produce

significantly reduces the amount of rubbish generated.

Some local produce is pre-packed in plastic, but we rinsed and reused these for freezing our excess fruit. Local filleted fish also came in plastic bags. We soon realised to take our own Tupperware or bowls to buy our fish. If you are aiming to use less plastic, eating more local food will go a long way in contributing to that goal, and lowering your carbon footprint!



Local food challenger, Teuru Passfield collects seawater from the Matavera reef flats to season dinner

**Resourcefulness & creativity** I tend to use a lot of imported seasonings – cajun, soy sauce, curry, sweet chilli sauce, salt, pepper, etc. – so it was fun to find different, local ways to flavour our food. We soon adjusted and got creative. Fresh sea water salted our food – either by pouring it into soups, soaking our fish in it before cooking, or making our own sea salt by boiling off the water. Local seaweed also added a salty flavour.

We loved Victoria Dearlove’s suggestion to dry and crush pawpaw seeds as a pepper substitute, other seasonings and flavours included local ginger, turmeric, a lot of coconut cream, lime juice (and rind) chilli, kaffir lime leaves, basil, coriander, chives, spring onions, and fruit.

**Health** It wasn’t surprising that we lost some weight over the week with eating whole foods by default. Alcohol, dairy & sugar (replaced by local honey) were off menu. Finding snacks usually involved exercise – like husking coconuts to get some uto or fruit.

**Challenges** One day I was in Foodland (unsuccessfully looking for local goat meat!), and I was hungry. Instead

of my usual sandwich or muesli bar, I had to wait until I got home to cook some fish. We had to husk, grate, and squeeze coconuts for “milk” in our Atiu coffee every morning, which took more effort than usual but a lot more delicious!



Delicious Remu seaweed from Aitutaki

Part of the challenge was exploring the extent of what is produced locally. Eventually, we tracked down a frozen whole piglet from Mauke, which we had to quarter with a chains saw! It would be excellent to be able to access local meat as easily as it is to access imported goods.

Our next challenge might be to eat only what we have in our yard... but I should probably learn how to catch and process moa kainga first!

***Meitaki from all of us! If you want to get involved with Te Ipukarea Society, flick us a message or pop in to our office for a chat! (next door to Bamboo Jacks)***



Mary our Finance Manager and Kelvin our Technical Director, supporting Pride Cook Islands at the Golf Ambrose last week

# MEITAKI

to our generous supporters



GOLD



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